

2016 – 19

CHOICE BASED CREDIT SYSTEM

SYLLABUS IN

HOME SCIENCE

(+3 DEGREE)
(HONOURS & ELECTIVE)

+3 First Year – 2016 – 17
+3 Second Year – 2017 – 18
+3 Third Year – 2018 – 19

FAKIR MOHAN UNIVERSITY, VYASA VIHAR, BALASORE
ODISHA

HOME SCIENCE (Honours)
SEM-I

Sl. No.	Paper Code	Title of the Paper	Nature of the Paper	Marks
1.	Core-I	Physiology	Theory+ Practical	15+25+60=100
2.	Core-II	Food and Nutrition	Theory+ Practical	15+25+60=100
3.	G.I. (Elective)	Fundamental Nutrition	Theory+ Practical	15+25+60=100

HOME SCIENCE (Honours)
SEM-II

Sl. No.	Paper Code	Title of the Paper	Nature of the Paper	Marks
1.	Core-III	Human Development	Theory+ Practical	15+25+60=100
2.	Core-IV	Clothing & Textile	Theory+ Practical	15+25+60=100
3.	G.I. – II (Elective)	Food Science & Dietetics	Theory+ Practical	15+25+60=100

HOME SCIENCE (Honours)
SEM-III

Sl. No.	Paper Code	Title of the Paper	Nature of the Paper	Marks
1.	Core-V	Housing and Interior Decorator	Theory+ Practical	15+25+60=100
2.	Core-VI	Family Resource Management	Theory+ Practical	15+25+60=100
3.	Core-VII	Family Finance	Theory+ Practical	15+25+60=100

HOME SCIENCE (Honours)
SEM-IV

Sl. No.	Paper Code	Title of the Paper	Nature of the Paper	Marks
1.	Core-VIII	Home Science Extension Education	Theory+ Practical	15+25+60=100
2.	Core-IX	Research Methodology	Theory+ Practical	15+25+60=100
3.	Core-X	Indian Family & Family Life Education	Theory+ Practical	15+25+60=100

HOME SCIENCE (Honours)
SEM-V

Sl. No.	Paper Code	Title of the Paper	Nature of the Paper	Marks
1.	Core-XI	Marriage & Family Relationship	Theory+ Practical	15+25+60=100
2.	Core-XII	Family Childhood Child Care	Theory+ Practical	15+25+60=100
3.	DSE-I (Disciplinary Skill Enhancement)	Extension Education Community Development	Theory	20+80=100
4.	DSE-II	Consumer Study	Theory	20+80=100

HOME SCIENCE (Honours)
SEM-VI

Sl. No.	Paper Code	Title of the Paper	Nature of the Paper	Marks
1.	Core-XIII	Dynamics of Communication Extension	Theory+ Practical	15+25+60=100
2.	Core-XIV	Community Health & Nutrition	Theory+ Practical	15+25+60=100
3.	DSE-III	Women in India	Theory	20+80=100
4.	DSE-IV	Proposed List given in Syllabus	Via + Theory	30+70=100

**CORE - I
(Theory)
PHYSIOLOGY**

Objective:

(To understand the structure and functions of various organs of the body. To obtain better understanding of the body mechanism through the study of Physiology.

UNIT-I Basic Physiology:

- Cell – it's structure, functions and division.
- Blood – it's composition and functions.
- Blood groups and RH factor.

UNIT-II Circulatory System:

- Structure and Functions of Heart.
- Types of circulation – Systemic and pulmonary blood circulation.
- Portal, coronary and cardiac cycle.

UNIT-III Body System:

- Digestive System – Structure and functions of different parts of alimentary canal.
- Digestive glands – their location and secretion.

UNIT-IV Body Glands:

- Location and functions of pituitary, thyroid, parathyroid, and adrenal glands.
- Structure and functions of kidney.
- Formation of urine and regulation of body.

PRACTICAL

- Prepare a glands.
- Structure and functions of kidney.
- Formation of urine and regulation of body.

**Practical Exam. - 20
Record & Class Work - 05**

SEM. - I - BA-HOME SC. (HONS)

**F.M.: 100 (75+25)
(T + P)**

**CORE - II
(Theory)
FOOD AND NUTRITION**

Objective:

To have a basic concepts in food and nutrition and to lead a healthy life.

UNIT-I Basic Concept:

- Basic terms used in study of Food and Nutrition.
- Understanding relationship between food, nutrition and health.
- Functions of food – Psychological, Physiological and Social.

UNIT-II Nutrients:

Functions, dietary sources, classification composition and deficiency of the following-

- Carbohydrate, Protein and Fat.
- Minerals – Calcium, Iron, Zinc & Iodine.
- Vitamins – A, D, E, K (Fat soluble) and Thiamine, Riboflavin, Niacin, Vita 'B₁₂' and Vita 'C' (Water Soluble)

UNIT-III Methods of Cooking:

- Dry, Moist, Frying and Microwave Cooking.
- Advantages and disadvantages of each method of cooking in relation to nutritive value.

UNIT-IV Fleshy food and Beverages:

- Meat, Fish, Egg and Poultry – their composition, sources, nutritive values and effects of cooking on nutritive value.
- Beverage – Tea, Coffee, Cocoa and Fruit Juice and Shake.

PRACTICAL

- Preparation of different dishes for meal and snacks: (2 for each) using the following methods of cooking (Dry, Moist and Microwave) & Frying.
- Beverages: Cold and Hot (2 each) using milk and seasonal fruits.

**Practical Exam. - 20
Record & Class Work - 05**

G.I. - I

F.M.: 100 (75+25)
(T + P)

**FUNDAMENTAL NUTRITION
(Theory)**

Objective:

To understand about the importance, need and requirements of nutrition in daily life.

UNIT-I General Concept:

- Meaning and importance of food and nutrition and basic terms used in Food and Nutrition.
- Function of food – Psychological, Physical and Social.
- Planning of Balanced diet – Important and factors influencing it.

UNIT-II Basic Food Groups:

- Cereals
- Pulses
- Fruits and vegetables
- Milk and milk products
- Fleshy foods
- Fats and oils
- Spices and condiments
- Beverages

UNIT-III Food Preservation:

- Meaning & importance
- Principle of food preservation
- Methods (Household & Commercial) (Dehydration, Refrigeration, Freezing Sterilization, Pasteurisation, Addition of Salt, Sugar, Pickling and use of Chemical Preservatives)

UNIT-IV Food Adulteration & Additives:

- Types of food adulteration
- Food laws and standards
- Flavouring agents and colouring agents

PRACTICAL

Food preparation with nutritional quality and method of cooking.

- Cereals: Boiled Rice, Paias, Paratha, Puri etc.
- Vegetables: Curries and dry preparation.
- Fermented products: Idly, dosa, kulcha, dhokla and batura.

**Practical Exam. - 20
Record & Class Work - 05**

SEM. – II BA-HOME SC. (HONS)
CORE – III
(HUMAN DEVELOPMENT)
(The Childhood Years)

F.M.: 100 (75+25)
(T + P)

Objective:

To understand the importance of human development and growth pattern of children in early stage.

UNIT-I Introduction to Human Development:

- Definition, History and Inter Disciplinary Nature of Human Development.
- Scope of Human Development in Contemporary Society.
- Principles of Growth and Development and factors influencing them.

UNIT-II Prenatal Development, Birth and the Neonate:

- Conception – period of ovum, period of embryo and period of fetus.

UNIT-III Infancy and Pre School Years:

- Factors influencing development during the period of infancy and pre-school.
- Physical Development – Physical growth cycle, body size, body proportion bones, muscles, teeth and nervous system.
- Motor Development – (Principles, sequences and some common motor skills)

UNIT-IV Early Child Development:

- Emotional development:- Importance, characteristics, types and some common emotional pattern (fear, anger, jealousy, curiosity, joy, affection)
- Social development:- Meaning, importance of early social experiences, play-value, types and characteristics.
- Speech development:- Pre-speech forms of communication. Conditions contribute to learn speech to speak.

PRACTICAL

- Preparation of posters (educational) for the children.
- Building plays material – soft toys and other equipments.
- Methods of study – Narratives-story telling and observation of behaviour. (In any one play school).
- Interview method-to reflect parent child interaction.

Practical Exam. – 20
Record & Class Work – 05

RECOMMENDATION READINGS:

- Rice, F.P.(1998) Human Development: A lifespan approach, New Jersey Prentice Hall.
- Santrock. J.W. (2007) A topical approach to lifespan development, New Delhi, Tatal McGraw Hill.
- Singh A.(Ed)(2005) Foundations of Human Development. A lifespan approach. New Delhi, Orient Black Swan.
- A Chowdhury Text Book on Child Development & Family Relation Academic Excellence.

SEM. – II BA-HOME SC. (HONS)
CORE – IV
(CLOTHING AND TEXTILE)

F.M.: 100
(15+25+60)

Objective:

To gain basic knowledge about textile fibres, laundry work and care of clothing.

UNIT-I Introduction of Textile Fibres:

- Fibre classification – Natural & man made.
- Study of natural fibres – cotton, silk and wool – their sources, manufacturing process and physical chemical properties.
- Fibre Identification-visual, burning and under microscope.

UNIT-II Cleaning and Dyeing:

- Washing and finishing of Cotton, Silk and Woollen garments. (Methods and principles)
- Fundamentals of dyeing - Types and classification (Method of Home Dyeing)
- Dry cleaning – method, chemical used, advantages & disadvantages.

UNIT-III Basic Wet Finishes:

- Classification and use of finishes, objectives (calendaring, shearing, tentering, bleaching, sizing, glazing)
- Soap and detergents (types and methods of use)
- Water – hard and soft water, reasons and chemical properties.

UNIT-IV Glazing and Finishing Agents:

- Stiffening agent – (Purpose, types and methods of application)
- Bleaches – Oxidising and Reducing.
- Blue – Purpose, classification and methods of use.

PRACTICAL

- Identification of cotton, silk and wool by visual, burning and microscopic test.
- Washing and finishing of cotton, silk and woollen garments.
- Preparation of two types of stiffening agents using two different method.
- Home dyeing (clothes, garments)

Practical Exam. – 20
Record & Class Work – 05

RECOMMENDED READINGS:

- Fibre to Fabric – carbman B.P.
- Fundamental of Textiles & their care – Dantyagi S.
- Textbook of clothing and textiles – Gupta S. Gang N and Saini R.
- Household textiles and Laundry Work Deulkar S.

G – II
(FOOD SCIENCE ND DIETETICS)

F.M.: 100 (75+25)
(15+25+60)

Objective:

To have a general idea about Food Sciences, Balanced Diet.

To learn what is RDA and its importance and to study about nutrition during life cycle.

UNIT-I Introduction to Food Science:

- Food, Nutrition and Nutrients – definition, meaning, importance and need in daily life.
- Recommended Daily Allowances – need and factors influencing for its formulation.
- Guideline for Good Health.

UNIT-II Balanced Diet:

- Meaning, importance principles and significance.
- Factors affecting Balanced Diet.
- Dietary intake for General man/woman and special condition link pregnancy and lactation.

UNIT-III Meal Planning:

- Importance, need and significance.
- Meal planning for low, middle and high income level.
- Enhancing the nutritive value of foods – substitution, supplementation, fermentation and combination.

UNIT-IV Nutrition during life cycle:

- Preschool children
- Adult man/women
- Pregnancy and lactation
- Old age

PRACTICAL

- Prepare a dish from fermented, cereal + pulse combination.
- Prepare the whole day menu for a middle and high income family and prepare any one dish for snack and lunch.
- Plan a balanced diet during pregnancy and lactating period and prepare dinner for pregnant / lactating women.

Practical Exam. – 20
Record & Class Work – 05

REFERENCE BOOK:

- Principles of Nutrition and Dietetics, Bappes, Banglore-Vol-I. XII, Swaminathan.
- Text Book of Home Science – Premlata Mallik.
- Food & Nutrition – Arya Publication
- Food Science – B. Srilaxmi, New Age Publication.
- Nutrition Science – B. Srilaxmi, New Age Publication.
- Nutrition and diet therapy. S. R. Mudambi, M. V. Rajagopla, New Age Publication.
- Human Nutrition – B. Srilaxmi, New Age Publication.

SEM – III BA-HOME SC. (HONS)
CORE-V
HOUSING AND INTERIOR DECORATION

F.M.: 100 (75+25)
(15+25+60)

Objective:

To develop a general idea about house construction and to gain knowledge for Interior Decoration.

UNIT-I Introduction to House:

- Importance and functions of a House.
- Selection of site for construction of a residential house.
- Principles of house planning – Aspects prospect, flexibility, roominess, ventilation, privacy, lightning, storage and other facilities like sanitation and waste disposal.

UNIT-II Most required room of Indian family – The Kitchen:

- Planning of a good kitchen, working areas, preparation, cooking, washing and serving areas.
- The types of kitchen – ‘U’ shape ‘L’ shape. ‘Two Wall’ and ‘One Wall’. It’s merits and demerits.
- Treatment of doors & windows, Art of floor covering.

UNIT-III Interior Decoration:

- Significance, Meaning, Importance & Role of Colour Schemes in Interior Decoration.
- Interrelation of elements of design-line, shape size, texture, colour, and lightning with Interior Decoration.
- Role of family and Individual in Interior decoration.

UNIT-IV Some Specific Arrangement:

- Flower arrangement – it’s importance, need, types and equipment required for it.
- Application of Art Principles- Harmony, Balance, Proportion, Rhythm and Emphasis.
- Furniture arrangement in drawing, dining, bed and study rooms.

PRACTICAL

- Layout of kitchen – ‘U’, ‘L’ and ‘two wall’ ‘one wall’.
- Prepare lists of common materials needed for building a house.
- Prepare a poster to show different flower arrangement.
- Prepare two types of accessories for decorating the house.

Practical Exam. – 20
Record & Class Work – 05

REFERENCE BOOK:

- Management in modern families – Gross and Candler.
- Text Book of Home Science – Premlata Mallik.
- Home Management – Vergese, Ogala, Srinivasan
- Management in Family Living – Nickell and Dorsey
- Home Management – Education Planning Group, Delhi
- Home Management for Indian Families – M.K. Mann.

SEM – III BA-HOME SC. (HONS)
CORE-VI
(FAMILY RESOURCE MANAGEMENT)

F.M.: 100 (75+25)
(15+25+60)

Objective:

To understand the concept and meaning of Family Resource Management and its importance in daily life.

To have a general knowledge about Home Management and its various process for different activities.

UNIT-I Introduction to Management:

- Concept, meaning, definition and scope of Home management.
- Process of Management- Planning, organizing, implementing, controlling and evaluating.
- Factors influencing Home management.

UNIT-II Overview Management & Family Resources:

- Meaning, classification and characteristics of family resources.
- Factors affecting utilization of resources – Values, Goals and Standards – Meaning and importance.
- Qualities of Good Home Manner.

UNIT-III Energy Management:

- Meaning, definition and importance in daily life.
- Energy expenditure in different household activities- (work simplification- Meaning and Mundele's classes of change)
- Fatigue – definition, causes, types and its remedies.

UNIT-IV Time Management:

- Concepts, significance in life.
- Way to manage time – (action plan) peak loads, sequential activities.
- Steps for (daily, weekly and monthly work) controlling & Evaluating.

PRACTICAL

- Prepare a self time plan and for women executive.
- Prepare a poster showing energy management while doing house hold activities (Posture in Household work).
- Prepare a poster showing material resources used in our daily life.

Practical Exam. – 20
Record & Class Work – 05

REFERENCE BOOK:

- An Introduction to family resource management – Premavathy Seetharam, Soia Batra & Preeti Mehera.
- Management in Family Living – Nickell & Dorsey
- Management in Modern Family – Gross & Candle

SEM – III BA-HOME SC. (HONS)
CORE-VII
(FAMILY FINANCE)

F.M.: 100 (75+25)
(15+25+60)

Objective:

- To have a general knowledge about family income.
- To get an idea for making budget and it's merits & demerits.
- To gain knowledge for saving & it's importance.

UNIT-I Family Income:

- Definition, Sources and Types.
- Causes of difference in wages.
- Ways to supplement family income (cottage industries, poultry keeping, kitchen gardening).

UNIT-II Saving and Investment:

- Meaning, Definition, Importance and Objectives of Saving.
- Principles and factors affecting savings and it's various types.
- Investments – types and objectives, principles for sound investment. (Real estate, gold, shares, bonds, mutual funds, banks & post office)

UNIT-III Family Expenditure:

- Factors affecting expenditure and it's necessity.
- Budget – it's objectives, steps for preparing family budget, its main items.
- Advantages and disadvantages of preparing budget – Enged's law of consumption.

UNIT-IV Account Keeping:

- Objectives and Importance of Account keeping.
- Process of Account keeping.
- Types of account keeping – envelop, note book, sheet, card file system.

PRACTICAL

- Visit of Post Office & Bank to get information about savings schemes in general & senior citizen.
- Learning to fillup different bank forms.
- Plan a budget for different income level.

Record – 05
Practical – 20

REFERENCE BOOK:

- Home Management M.A. Vergheses Shrinivasan
- Home Managements Household, Economics – Subasini Mohapatra
- Text Book of Home Science, Premalata Mallik
- Management in Family Living – Nickell & Dersey

SEM – IV BA-HOME SC. (HONS)
CORE-VIII
(HOME SCIENCE EXTENSION EDUCATION)

F.M.: 100
(15+25+60)

Objective:

To enable the students to understand the meaning, principles, objectives and philosophy of Home Science Extension Education.

UNIT-I Extension Education in General:

- Definition, meaning and objectives.
- Origin, development and importance.
- Concept, scope and characteristics and behavioural changes brought by extension education.

UNIT-II Home Science Extension Education:

- It's aims, objectives and importance.
- Philosophy and principles.
- Extension Education in Home Science in relation with community development.

UNIT-III Effective Teaching Methods:

- Nature and elements of teaching.
- Methods of teaching – individual, group, mass – it's advantages and disadvantages.
- Role and qualities of a Good Home Science extension worker.

UNIT-IV Teaching and Learning Process:

- Principles and problems of teaching and learning process.
- Meaning and steps for effective extension teaching.
- Factors contributed to extension teaching and learning and role of teaching and learning as a whole.

PRACTICAL

- Collection of information about development programme at your own village.
- Prepare a list (at least 20) from Newspaper on child abuse, domestic violence, child and maternal health problem, farmer suicide case, collect the newspaper clipping and give your own suggestion to solve the above problem.

Record – 05
Practical – 20

REFERENCE BOOK:

- An Introduction to Extension Education – S.V. Supe
- Education and Communication for Development O.P. Dahama O.P. Bhatnagar.
- Extension Education – A. Readdy
- Extension communication and Management- G. L. Ray.

SEM – IV BA-HOME SC. (HONS)
CORE-IX
(RESEARCH METHODOLOGY)

F.M.: 100
(15+25+60)

Objective:

To obtain a general idea about what is Research and its methods adopted for analysis of data.
To learn report writing, its techniques and interpretation.

UNIT-I Research in General :

- Meaning, definition and objectives.
- Characteristics and types – Social, Scientific, Pure and Applied.
- Research Designs – Experimental and observational.

UNIT-II Research Process:

- Meaning, Definition, Problems, Objectives and Hypothesis.
- Review of related literature and originality in writing.
- Subject context and ethics.
- Methodology – Primary and Secondary Data – Meaning source, Interviews, Questionnaire, Observation and Survey – it's advantages and disadvantages.

UNIT-III Processing and Analysis of Data:

- Techniques involved- editing, coding, classification and tabulation of data.
- Measures of central tendency- mean, median and mode.
- Diagrammatic representation of data, tables, figures, graphs, bar diagram and pie chart etc.

UNIT-IV Report Writing:

- Meaning, definition and interpretation.
- Layout and method of writing.
- Bibliography writing- meaning & importance.

PRACTICAL

- Exercise in sampling (random number)
- Prepare a questionnaire using rating scale to be used in research.
- Construct an interview schedule.
- Prepare bar diagram and pie chart of a given data.

Record – 05
Practical – 20

REFERENCE BOOK:

- Research Methodology – Methods and Techniques 2nd Ed, New age Publication – Kothari, C.R.(2008)
- Research in Education – J.W. Beast and Khan.
- Methods of social survey & research – S. R. Bajpai.
- Research Methodology – A Step Guided for Beginners, Kumar R (2005) Sage Publication.

SEM – IV BA-HOME SC. (HONS)
CORE-X
(INDIAN FAMILY AND FAMILY LIFE EDUCATION)

F.M.: 100
(15+25+60)

Objective:

To know the definition, need, significance and functions of family.
To educate the student's objectives and aspiration of family life education.

UNIT-I Introduction to family:

- Meaning, importance, characteristics and functions.
- Types of family.
- Role of men and women in modern Indian family.

UNIT-II Family Theories:

- Definition, importance and significance.
- Disintegration of Indian Families.
- Contemporary Indian Families.

UNIT-III Family Life Cycle:

- Meaning and Importance.
- Stage of Family Life Cycle.
- Family Life and National Development.

UNIT-IV Family Life Education:

- Meaning, Significance and Objectives.
- Principles and need – The changing Indian families.
- Problems of Family Life.

PRACTICAL

- Survey at least 10 families and list out their family problem and write down the suggestion to eradicate such problems.
- Conduct awareness programme in your own village about family adjustment and present the report.
- Prepare a poster showing different types of Indian families.

Record – 05
Practical – 20

REFERENCE BOOK:

- Text Book on Child Development and Family Relations – A. Chudhury, Academic Excellence.
- Indian Social Problems – Madan G.K.
- An Introduction to Sociology – Vidya Bhusan and Sachadeva.
- Indian Society and Social Institutions – Nukhi M.R. Surjeet.

SEMESTER-IV, HOME SC. (HONS) -SEC-II
SKILL ENHANCEMENT COURSE – II

THERAPEUTIC DIET

Time- 2 hrs

F.M.-40+10

Credit- 2

Objectives- To Understand the diet during disease

To know about the diet therapy

UNIT-I

Adoption of normal diet for therapeutic requirement. Purpose of light, soft, fluid and light diet.

UNIT-II

Diet in Anemia.

UNIT-III

Diet in obesity and underweight.

UNIT-IV

Diet in diabetics.

SEM-I H.Sc. DSC (for Gen)-I IS SAME AS CC-I

SEM-II DSC-II IS SAME AS CC-II

SEM-III DSC-III IS SAME AS CC-III

SEM-IV DSC-IV IS SAME AS CC-IV

